### ACTION CALENDAR: HAPPIER JANUARY 2021

**Monday**
- "Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi
- 4. Write a list of things you feel grateful for in life and why
- 5. Look for the good in others and notice their strengths
- 11. Switch off all your tech 2 hours before bedtime
- 18. Focus on what’s good, even if today feels tough
- 25. Decide to lift people up rather than put them down

**Tuesday**
- 6. Take five minutes to sit still and just breathe
- 12. Connect with someone near you - share a smile or chat
- 19. Get back in contact with an old friend you miss
- 26. Say hello to a neighbour and get to know them better

**Wednesday**
- 7. Learn something new and share it with others
- 13. Be gentle with yourself when you make mistakes
- 20. Go to bed in good time and give yourself time to recharge
- 27. Challenge your negative thoughts and look for the upside

**Thursday**
- 8. Say positive things to the people you meet today
- 14. Take a different route today and see what you notice
- 21. Take a small step towards an important goal
- 28. Ask other people about things they’ve enjoyed recently

**Friday**
- 1. Find three good things to look forward to this year
- 2. Make time today to do something kind for yourself
- 15. Eat healthy food which really nourishes you today
- 22. Try out something new to get out of your comfort zone

**Saturday**
- 3. Do a kind act for someone else to help to brighten their day
- 9. Get moving. Do something physically active (ideally outdoors)
- 16. Get outside and notice five things that are beautiful
- 23. Plan something fun and invite others to join you

**Sunday**
- 10. Thank someone you’re grateful to and tell them why
- 17. Contribute positively to a good cause or your community
- 24. Put away digital devices and focus on being in the moment
- 30. Count how many people you can smile at today

**Action for Happiness**

Learn more about this month’s theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)